



CREATING THE  
LEADERS OF TOMORROW

**South Huntington School District**



**Adult**  
And CONTINUING EDUCATION  
of the South Huntington School District

**Fall 2022**

Welcome to our Fall 2022 Adult Education Program. It's a great time to learn something new, improve a skill, begin an exercise program, and make new friends along the way!

Please register promptly to avoid class cancellations.

**Registration by Mail  
or drop off your completed  
form(s) at the front desk of JKAO**

**CALENDAR**



**MONDAYS:**

Oct. 3, 17, 24, 31; Nov. 7, 14, 21, 28;  
Dec. 5, 12, 19

**TUESDAYS:**

Oct. 4, 11, 18, 25; Nov. 1, 15, 22, 29;  
Dec. 6, 13, 20

**WEDNESDAYS:**

Oct. 12, 19, 26; Nov. 2, 9, 16, 30;  
Dec. 7, 14, 21

**THURSDAYS:**

Oct. 6, 13, 20, 27; Nov. 3, 10, 17;  
Dec. 1, 8, 15, 22

**FRIDAYS:**

Oct. 7, 14, 21, 28; Nov. 4, 18;  
Dec. 2, 9, 16

NOTE: All classes meet for 8 sessions **unless otherwise indicated.**

**CLASS LOCATIONS**



**COUNTRYWOOD PRIMARY CENTER**

499 Old Country Road  
Huntington Station, NY 11746

**JAMES KADEN ADMINISTRATIVE OFFICES (JKAO)**

60 Weston Street  
Huntington Station, NY 11746

**BIRCHWOOD SCHOOL**

121 Wolf Hill Road  
Melville, NY 11747

**STIMSON MIDDLE SCHOOL**

401 Oakwood Road  
Huntington Station, NY 11746

**WALT WHITMAN HIGH SCHOOL**

301 West Hills Road  
Huntington Station, NY 11746

**Whitman South Wing Classrooms**  
(Under Performing Arts Center Portico)

- 100s—Lower level
- 200s—Ground level
- 300s—Upper level

**Whitman North Wing Classrooms**  
(Facing Jericho Turnpike)

- 400s— Lower level
- 500s—Ground level
- 600s—Upper Level

## **GENERAL INFORMATION**

**ENROLLMENT:** Participants are enrolled in a course upon receipt of registration form with payment on a first-received basis; there is no walk-in enrollment on the first night of class. Minimum enrollment per course must be ten (10) people, unless otherwise indicated.

**CONFIRMATIONS:** Participants that have submitted registration and payment are enrolled in their selected course(s) unless otherwise notified. **No course confirmations will be sent.** In the event that a class is full or cancelled, you will be contacted via e-mail (if an address is provided), when appropriate.

**WAIT LIST:** When a class has met its maximum enrollment, you will be automatically placed on a waiting list.

**REFUNDS:** Course fees will be refunded upon written request up to seven (7) days prior to the first date of the course. **FULL REFUNDS WILL BE MADE ONLY FOR CLASS CANCELLATIONS.** Students assume the risk of all changes in business or personal affairs.

**DISTRICT CLOSINGS:** Adult classes/activities will not meet when South Huntington schools are closed due to weather or other reasons. Check the district website, [www.shufsd.org](http://www.shufsd.org), for updates.

**HEALTH & SAFETY PROTOCOLS:** Adult educators and participants are highly encouraged to stay home when not feeling well and to get tested.

**SAFETY DISCLAIMER:** There is an inherent risk of accident or injury in any activity. It is the responsibility of each participant to be aware that there are assumed risks involved with participation of any program involving strenuous physical activity. Any changes in participant's current activity levels should be done under the approval and direction of their physician and/or health care provider(s).

**NON-DISTRICT RESIDENTS:** If you are not a resident of District #13, please include a \$5.00 non-resident fee for each class. Senior non-district residents are not eligible for a Senior Citizen discount.

**SENIOR CITIZENS:** All District #13 Senior Citizens, 60 years of age or older, may attend their **FIRST COURSE** free of the course cost and all additional courses for a \$5.00 course cost each. Please note there is no senior citizen discount for 1, 2 or 3 night courses; Pickleball or Ballroom Dancing.

**Senior Citizens are still responsible for paying the \$10 non-refundable registration fee per course.**

To receive a Senior Discount, proof of age must be submitted with registration form (copy of a driver's license or birth certificate are acceptable documents).

**REGISTRATION:** Neatly complete the registration form and submit a separate payment for each course. For an additional participant or class registration, you may use a blank sheet of paper or go to [www.shufsd.org](http://www.shufsd.org) and click on the Fall 2022 Adult Ed announcement and print out a copy of the registration form.

**Fees: There is a \$10.00 non-refundable registration fee per course for all participants.** No registration fees apply to 1, 2 or 3 night courses, except where noted.

Payment in form of check (no cash) made payable to: South Huntington UFSD. Note: Write the name of the course on your check.

**Please send registration form and payment to:**

**South Huntington UFSD  
Attn: Adult Education  
60 Weston Street  
Huntington Station, NY 11746**

**Registration form is on the inside back cover (Page 10).**

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## ABOUT OUR INSTRUCTORS:

We retain our Adult Education instructors to teach courses in their area of expertise. The instructors are not permitted to use the classroom for personal gain, or to solicit clients or customers. We are not responsible for any consultation given beyond the classroom setting and course curriculum material.



# ARTS

## Arts - Dance

### BALLROOM DANCING

*BIRCHWOOD GYM*



This course is designed to teach the basic patterns of Ballroom Dancing for beginners and to accommodate more experienced students by giving them more steps and dancing techniques. Singles welcomed.

**Note: Maximum number of participants: 30**

There is no Senior Discount for this course.

**Instructors:** Mark James and Karen Lupo

**Cost:** \$50.00 - Single; \$100.00 - Couple

**Mondays 7:00-8:30 pm 8 Sessions**

**Oct. 3, 17, 24, 31; Nov. 7, 14, 21, 28**

### BELLY DANCE FITNESS

*BIRCHWOOD GYM*



This program is a fun introduction to the basic groups of belly dance movements.

Feel energetic as you shake and shimmy to exotic music and high energy drum solos.

Belly dance fitness can be beneficial for everyone, no matter what age or body type.

Each step of this workout is fun and easy to follow while you unknowingly improve your posture, flexibility and balance.

Get started on slimming your hips, defining your waist, increasing upper body strength and burning fat.

So come dance with grace as you shimmy your way to a toned new shape.

**Note: Maximum number of participants: 15**

**Instructor:** Lori Smith

**Cost:** \$45.00

**Tuesdays 7:30-8:30 pm 8 Sessions**

**Oct. 4, 11, 18, 25; Nov. 1, 15, 22, 29**

## Arts - Languages

### ENGLISH LANGUAGE

### LEARNERS COURSE

### OFFERINGS THROUGH BOCES

**Se puede aprender ingles!**

**ENGLISH AS A SECOND LANGUAGE**

**(Beginner and Intermediate)**

*WHITMAN 505, 509, 510, 511 and 512*



Designed to help non-English speaking individuals who would like to improve their language skills. Students may start this class any Monday or Wednesday evening.

**Ongoing registration is handled by contacting BOCES at (631) 667-6000 x327 before attending the class.**

Open Enrollment - No Fee

Classes end: Wednesday, June 2, 2023

6:30-9:30 pm Mondays & Wednesdays,

Wilson Tech Facility, Dix Hills

8:30-11:30 am or 12:00-3:00 pm Mondays through Fridays

6:00-9:00 pm Tuesdays and Thursdays

### CITIZENSHIP CLASSES

**Please call BOCES at (631) 667-6000**

**x327 for scheduled classes.** Designed to help immigrants interested in obtaining citizenship through a comprehensive review of U.S. government and history.

### HIGH SCHOOL EQUIVALENCY EXAM PREPARATION

#### GED Preparation Classes

Eligible adults 21 years or older. Prepare for your high school equivalency examination.

**Monday and Wednesday evenings from 6:30-9:30 pm**

**Walt Whitman High School – Room 509**

Call BOCES at (631) 667-6000 x327 for more information or come to class at 6:30 pm to register. Admission is ongoing. Fast Track option available to those with passing Regents exams from high school.

To register and for further information regarding free shuttle bus service from the Walt Whitman Mall or if you have any questions please call BOCES at (631) 667-6000 x327

**¡Se Habla Español!**

**Si tiene preguntas, llama a BOCES (631) 667-6000 x327**



**PLAY**

**Play - Health & Wellness**

**AEROBICS 20/20/20**

*COUNTRYWOOD GYM*



Twenty minutes of aerobics, twenty minutes of weight training and twenty minutes of floor work including abs, buns and thighs.

This is a total fitness program and targets all major muscles including the most important - the heart. Bring weights, towel, and a mat. Don't forget to bring water!

**Note: Maximum number of participants: 30**

**Instructor:** Karen Schackner

**Cost:** \$55.00

**Mondays 7:00-8:00 pm 11 Sessions**

**Oct. 3, 17, 24, 31; Nov. 7, 14, 21, 28;**

**Dec. 5, 12, 19**

**HATHA YOGA - BEGINNERS**

*BIRCHWOOD GYM*



Essential Yoga (Beginner)

If you are new to yoga, need a little refresher course or just want to take it slow, this class is for you. The Beginner class combines physical poses (asana), breathing exercises (pranayama), and meditation (dhyama) for yoga practitioners of all levels, ages and genders in a gentle and safe setting. We practice yoga in the Krishnamacharya tradition and will work on proper techniques, breathing and alignment to prevent and help with physical issues on and off the mat. Please wear comfortable clothing, bring a mat, 1-2 firm blankets and/or yoga blocks.

**Note: Maximum number of participants: 25**

**Instructor:** Claudia Shapiro

**Cost:** \$45.00

**Thursdays 7:00-8:00 pm 8 Sessions**

**Oct. 6, 13, 20, 27; Nov. 3, 10, 17; Dec. 1**

**HATHA YOGA - INTERMEDIATE**

*BIRCHWOOD GYM*



Essential Yoga (Intermediate)

If you are new to yoga, need a little refresher course or are an expert looking for a review, this class is for you. The Intermediate class delves a little deeper into physical poses (asana), breathing exercises (pranayama), and meditation (dhyama) for yoga practitioners of all levels, ages and genders. We practice yoga in the Krishnamacharya tradition and will work on proper techniques, breathing and alignment to prevent and help with physical issues on and off the mat. Please wear comfortable clothing, bring a mat, 1-2 firm blankets and/or yoga blocks.

**Note: Maximum number of participants: 25**

**Instructor:** Claudia Shapiro  
**Cost:** \$45.00  
**Thursdays 8:00-9:00 pm 8 Sessions**  
**Oct. 6, 13, 20, 27; Nov. 3, 10, 17; Dec. 1**

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**MAHJONG**

*JKAO BOARD ROOM*

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Learn how to play this popular tile based game of skill, strategy, calculation and luck. This course is also good for those who would like to brush up on their skills. Bring 2022 mahjong card to class, if you have one, and get ready to have fun!

**Note: Maximum number of participants: 12**  
**Instructor:** Margie Haug  
**Cost:** \$45.00

**Mondays 7:00-9:00 pm 8 Sessions**  
**Oct. 3, 17, 24, 31; Nov. 7, 14, 21, 28**

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**PICKLEBALL FOR BEGINNERS**

*WHITMAN NORTH GYM*

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Learn the game that is sweeping the nation! Pickleball is a social and easy to learn game that combines tennis, badminton and ping-pong. It is played on a small court with light weight paddles and plastic perforated balls. Students will learn the basic skills of the game and enjoy a nice workout while having fun. Bring your own paddles which can be purchased in a sporting goods store or online. Please wear sneakers and bring a water bottle.

**Note: Maximum number of participants: 24**  
**NO SENIOR DISCOUNT**  
**Instructor:** Margie Haug

**Cost:** \$45.00  
**Fridays 7:00-8:30 pm 6 Sessions**  
**Oct. 7, 14, 21, 28; Nov. 4, 18**

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**PICKLEBALL PLAY**

*WHITMAN NORTH GYM*

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(Advanced Beg. – Intermediate)- This course is for those who already know how to play and want more practice. Have fun and get a workout in a social and friendly way. Bring your own paddle which can be purchased in a sporting goods store or online. Please wear sneakers and bring a water bottle.

**Note: Maximum number of participants: 24**  
**NO SENIOR DISCOUNT**

**Instructor:** Margie Haug  
**Cost:** \$50.00  
**Fridays 8:30-10:00 pm 8 Sessions**  
**Oct. 7, 14, 21, 28; Nov. 4, 18; Dec. 2, 9**

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**HOME**

**Home - Self**

**KEEP THE INCOME FLOWING DURING RETIREMENT**

*WHITMAN 524*

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This workshop will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, and protecting your assets from the costs of long term care...all while having your money last through your lifetime and the lifetime of your spouse! If you are retired or thinking about retirement, you will not want to miss this program.

**Note: Maximum number of participants: 20**  
**Instructor:** Jeffrey Silverman, JD CfP®/  
Shane Parouse, ChFC, CFBS  
**Cost:** FREE & No registration fee required.

**Wednesday, November 9 7:00-9:00 pm**

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## PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

WHITMAN 524

Parents have numerous issues to consider in planning for the long term well-being of their children with special needs. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include:

- What is a Special Needs Trust and how can it be used to enhance my child's lifestyle
- Protecting and enhancing government benefits
- How to fund a special needs trust
- The ABLE Act (Achieving a Better Life Experience)
- Housing issues

Parents and guardians should feel free to bring any specific questions that they have to the program.

**Note: Maximum number of participants: 20**

**Instructor:** Jeffrey Silverman, JD, CFP®. Mr. Silverman is an attorney and Certified Financial Planner® practitioner

**Cost:** FREE & No registration fee required  
**Monday, November 21 7:00-9:00 pm**

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## THE TRUTH ABOUT ANNUITIES

WHITMAN 524

The Good, the Bad, and the Ugly. You've heard good things. You've heard bad things. One financial pundit says they're terrible, while the next one says they're great! Meanwhile, BILLIONS of dollars are invested in annuities every year. Are they worth it? How do you decide if an annuity is right for you? In this class, we'll explain

the good and the bad for all of the types of annuities available. Taxes, investment options, rates of return, death benefits, fees and more. With a 10-year bull market behind us, now might be the time to lock in your gains using an annuity, so don't miss this valuable class!

**Note: Maximum number of participants: 20**

**Instructors:** Jeffrey Silverman, JD CFP®/ Shane Parouse, ChFC, CFBS

**Cost:** FREE & No registration fee required  
**Thursday, October 27 7:00-9:00 pm**

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## Home - Personal Finance

### UNDERSTANDING THE MEDICARE LANDSCAPE

WHITMAN 524

Would you like to understand Medicare better? What are the differences between Original Medicare, Supplements/Advantage Plans (HMO, POS, PPO) and Part D Prescription Drug Plans? Is the Donut Hole going away? What is the "Free" coverage advertised on TV all about, who's eligible, what's the catch?? Will COVID-19 change how we access medical care? Find out! Misconceptions can sometimes lead to poor decision making in joining or switching a plan. Also, what is new for 2023? New plan choices are coming your way, along with broader options for those who receive Extra Help and/or Medicaid. Are you getting everything you are entitled to with your plan? Tips on helping to reduce prescription drug costs, save money on your healthcare & dental expenses, and accessing more healthcare providers and facilities. Clear up the confusion at this inclusive seminar. \*\*Anyone seeking information on NYSHIP, or Union Plans must contact their union directly. There will be no information provided in this class outline.\*\*



**Note: Maximum number of participants: 20**  
**Instructor:** Gwen Busterna  
**Cost:** FREE & No registration fee required  
**Monday, October 3 or**  
**Monday, November 7 6:30-7:30 pm**

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**PLANNING WITHOUT FEAR: ELDER CARE LAW AND WHAT YOU MUST KNOW**

*WHITMAN 524*

Learn the basics for issues in elder law including Medicaid trusts, which assets count, which ones do not, the Medicaid application process, and aging at home – how Medicaid and Medicare can make that possible.

**Note: Maximum number of participants: 25**  
**Instructor:** Beth Polner Abrahams  
**Cost:** FREE & No registration fee required.  
**Tuesday, October 25 7:00-8:15 pm**

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**SAVVY IRA PLANNING FOR BABY BOOMERS**

*WHITMAN 524*

In this workshop, you will learn important IRA rules for traditional and Roth IRA's and Roth conversions; how direct and indirect rollovers work; and special considerations for spousal and inherited IRA's. You will also learn three common IRA mistakes and how to avoid them; four strategies for smart IRA planning; recent rule changes based on the SECURE Act; and how to coordinate your IRA planning with your overall investment, retirement, and estate planning and with Social Security retirement benefits. All attendees will receive the "Baby Boomers Guide To IRA Planning" which summarizes key IRA provisions.

**Note: Maximum number of participants: 20**

**Instructor:** Evan Levy  
**Cost:** FREE & No registration fee required  
**Wednesday, October 19 7:00-8:00 pm**

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**SAVVY SOCIAL SECURITY PLANNING**

*WHITMAN 524*

This informative workshop not only covers the basics but also reveals little-known strategies for maximizing your benefits. You will learn: the 5 factors to consider in deciding when to apply for benefits, when it makes sense to delay benefits, how to estimate your benefits, how to integrate benefits with other retirement income sources, and how to coordinate benefits with your spouse to maximize the total drawdown from Social Security. Each attendee will receive a free copy of "The Baby Boomer's Guide To Social Security" which summarizes key retirement benefit provisions.

**Note: Maximum number of participants: 20**  
**Instructor:** Evan Levy  
**Cost:** FREE & No registration fee required  
**Wednesday October 12 7:00-8:00 pm**

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**Registration by Mail  
or drop off your completed  
form(s) at the front desk of JKAO**

**South Huntington UFSD  
Attn: Adult Education  
60 Weston Street,  
Huntington Station, NY 11746**

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# BOE MEETING & CONTACT INFORMATION



*Your elected school board members encourage the community to attend regular BOE meetings. As with all regular BOE business meetings, community input is welcomed or you may contact us via our email addresses below:*

**Nicholas R. Ciappetta, J.D., President**  
 nciappetta@shufsd.org

**Linda O. LaCara, Vice President**  
 llacara@shufsd.org

**William Biangasso**  
 wibiangasso@shufsd.org

**Andrew D. Bronson**  
 abronson@shufsd.org

**Sidney B. Joyner**  
 sjoyner@shufsd.org

**Erin Meijer**  
 emeijer@shufsd.org

**Frederick Scragg**  
 fscragg@shufsd.org

## Board Meeting Dates for Fall 2022

**Wednesday September 7 7:30 p.m.**  
 Regular Business Meeting  
 Executive Session, if needed  
 James Kaden Administrative Offices, LCR  
 60 Weston Street, Huntington Station

**Wednesday September 28 7:30 p.m.**  
 Regular Business Meeting  
 Executive Session, if needed  
 James Kaden Administrative Offices, LCR  
 60 Weston Street, Huntington Station

**Wednesday October 12 7:30 p.m.**  
 Regular Business Meeting  
 Executive Session, if needed  
 James Kaden Administrative Offices, LCR  
 60 Weston Street, Huntington Station

**Wednesday October 26 7:30 p.m.**  
 Regular Business Meeting/Board Recognition  
 Executive Session, if needed  
 James Kaden Administrative Offices, LCR  
 60 Weston Street, Huntington Station

**Wednesday November 16 7:30 p.m.**  
 Regular Business Meeting  
 Executive Session, if needed  
 James Kaden Administrative Offices, LCR  
 60 Weston Street, Huntington Station

**Wednesday December 14 7:30 p.m.**  
 Regular Business Meeting/Musical Presentation  
 Executive Session, if needed  
 James Kaden Administrative Offices, LCR  
 60 Weston Street, Huntington Station

<b>District Phone Numbers</b>	
Superintendent of Schools	(631) 812 - 3070
Countrywood Primary Center	(631) 812 - 3300
Oakwood Primary Center	(631) 812 - 3500
Birchwood Intermediate School	(631) 812 - 3200
Maplewood Intermediate School	(631) 812 - 3400
Silas Wood Sixth Grade Center	(631) 812 - 3600
Stimson Middle School	(631) 812 - 3700
Walt Whitman High School	(631) 812 - 3800
Registration	(631) 812 - 3180
Bus Garage	(631) 812 - 3088
Security	(631) 812 - 3900
Adult Education (Voicemail 24 Hours)	(631) 812 - 3119

# REGISTRATION FORM

Please send registration form and payment to:  
South Huntington UFSD, Attn: Adult Education,  
60 Weston Street, Huntington Station, NY 11746

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Name \_\_\_\_\_  
Street \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: Cell \_\_\_\_\_ Home \_\_\_\_\_  
E-mail \_\_\_\_\_

## **Check applicable status:**

Resident \_\_\_\_\_ Non-Resident \_\_\_\_\_ (ADD \$5.00 to each course fee)  
Senior\* \_\_\_\_\_

*\*Only if applying for Senior Discount, please send copy of driver's license with payment.  
Non-district residents are not eligible for Senior Discount.*

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## **Course Information**

**#1** Course Name \_\_\_\_\_

Date/Time: \_\_\_\_\_ Course Cost: \_\_\_\_\_

Total Payment = Cost of Course + \$10.00 reg. fee per course

Enclosed is a check (no cash) for \$ \_\_\_\_\_ for this course including the \$10.00  
non-refundable registration fee for each course (unless indicated otherwise).

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**#2** Course Name \_\_\_\_\_

Date/Time: \_\_\_\_\_ Course Cost: \_\_\_\_\_

Total Payment = Cost of Course + \$10.00 reg. fee per course

Enclosed is a check (no cash) for \$ \_\_\_\_\_ for this course including the \$10.00  
non-refundable registration fee for each course (unless indicated otherwise).

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**#3** Course Name \_\_\_\_\_

Date/Time: \_\_\_\_\_ Course Cost: \_\_\_\_\_

Total Payment = Cost of Course + \$10.00 reg. fee per course

Enclosed is a check (no cash) for \$ \_\_\_\_\_ for this course including the \$10.00  
non-refundable registration fee for each course (unless indicated otherwise).

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**#4** Course Name \_\_\_\_\_

Date/Time: \_\_\_\_\_ Course Cost: \_\_\_\_\_

Total Payment = Cost of Course + \$10.00 reg. fee per course

Enclosed is a check (no cash) for \$ \_\_\_\_\_ for this course including the \$10.00  
non-refundable registration fee for each course (unless indicated otherwise).

So. Huntington UFSD Adult/Continuing Education Program  
60 Weston St., Huntington Station, NY 11746-4098  
631-812-3119 (Voice mail 24 hours)

**BOARD OF EDUCATION**

Nicholas R. Ciappetta, J.D. President  
Linda O. LaCara, Vice President  
William Biangasso  
Andrew D. Bronson  
Sidney B. Joyner  
Erin Meijer  
Frederick Scragg

Vito M. D'Elia, Ed.D., Superintendent  
April E. Poprilo, Assistant Superintendent for Student Services and Adult Education

Non-Profit Organization  
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